

HOUSE BILL 2923
By Hill

AN ACT to amend Tennessee Code Annotated, Title 49,
relative to education.

WHEREAS, the percentage of children who are overweight has doubled, and the number of adolescents who are overweight has tripled since 1980;

WHEREAS, a physically inactive population is generally at increased risk for many chronic diseases including heart disease, stroke, colon cancer, diabetes, and osteoporosis;

WHEREAS, obesity in adolescence has been associated with poorer self-esteem and obesity in adulthood;

WHEREAS, the Center for Disease Control reported that seventy-six percent (76%) of young people in Tennessee participated in insufficient moderate physical activity in the 2003 Youth Risk Behavior Survey;

WHEREAS, the United States surgeon general has reported that regular participation in physical activity during childhood and adolescence helps build and maintain healthy bones, muscles and joints; helps control weight, build lean muscle, and reduce fat; prevents or delays the development of high blood pressure in adolescents with hypertension; and reduces feelings of depression and anxiety;

WHEREAS, physical activity and sports can instill in young people skills such as teamwork, self-discipline, sportsmanship, leadership, and socialization;

WHEREAS, children and adolescents spend a large proportion of their time in school or taking part in school-related activities; now, therefore,

BE IT ENACTED BY THE GENERAL ASSEMBLY OF THE STATE OF TENNESSEE:

SECTION 1. Tennessee Code Annotated, Section 49-6-1404, is amended by designating the existing language as subsection (a) and by adding the following language as a new subsection (b):

(b) The general assembly encourages LEA's that have expanded existing or implemented new physical activity programs to report annually to the department of education the actions taken by the LEA and, if a BMI-for-age is completed, the effectiveness of the programs based on the BMI-for-age results so that model physical activity programs can be developed by the department for adoption by other LEA's. In addition, LEA's shall review and report upon the effect of structured and intramural sports on the long-term health of students.

SECTION 2. This act shall take effect upon becoming a law, the public welfare requiring it.